



Established 2005.
Under Current Ownership Since
2013.

June 2019

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1918 N. JAMES ST. ROME, NY 13440

315-337-4860

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www.justbreatheyogastudio.com

****Join US for a TASTE of Yoga EVENT!**
Kick off the week Leading up to the International Day of Yoga!

Come "Sample" the different style yoga classes we offer at JBYS! Participating JBYS Instructors will each teach for 30 mins. (See online and in studio for schedule.) Come see your favorite instructor and/or try a class you've been meaning to try.


Donations Requested for Attending ANY or ALL of the classes, no set amount, please pay what you can. ALL Proceeds will benefit JBYS's Teacher Training Scholarship Fund.

**75-90 min class*

***2 hour class*

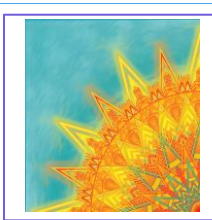
****2 1/2 hour class*

*Classes Upstairs unless marked (D)
Downstairs Studio*

<p>² 9:30 am Vinyasa Yoga-Vickie 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>³ 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p>	<p>⁴ 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p>	<p>⁵ 9:30 am Slow Flow Yoga*-Yuki (9:45 am Take a Seat Chair Yoga-Nicole) (D) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 5:30 pm Yoga Teacher Training-Nicole 6:45 pm Pilates-Vickie</p>	<p>⁶ 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>⁷ 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>⁸ 9:30 am All Levels Yoga - Liz 9:30am-5pm Yoga Teacher Training-Nicole 10:45 am Slow Flow Yoga I/II*-Nicole (1:00 pm Explore the Chakras Series**-Nicole)</p>
<p>⁹ 9:30 am Vinyasa Yoga-Liz 4:00 pm Chakra Yoga-Alanna</p>	<p>¹⁰ 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p>	<p>¹¹ 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p>	<p>¹² 9:30 am Slow Flow Yoga*-Yuki (9:45 am Take a Seat Chair Yoga-Nicole) (D) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Gabby 5:30pm Yoga I-Vickie 6:45 pm Pilates-Vickie</p>	<p>¹³ 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>¹⁴ 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>¹⁵ A Taste of Yoga Event** 9:00 am Gentle Yoga-Ceil 9:15 am 20 min Meditation-Nicole (Down) 9:45 am Slow Flow-Yuki 10:30 am Beginner's Gabby (Up) & Kids Yoga-Nicole (Down) 11:15 am Yin Yoga-Sandy 12:00 pm Vinyasa-Liz (Up) & Chair Yoga-Nicole (Down) 12:45 pm Core Yoga-Vickie 1:30 pm Mindful Yoga-Colleen 2:15pm - Yin/Yang Yoga-Nicole</p>
<p>¹⁶ </p>	<p>¹⁷ 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Lunar Flow Yoga*-Nicole</p>	<p>¹⁸ 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 5:30 pm Just Breathe & Read Book Club 6:45 pm Yin Nidra *-Nicole</p>	<p>¹⁹ 9:30 am Slow Flow Yoga*-Yuki (9:45 am Take a Seat Chair Yoga-Nicole) (D) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 5:30 pm Yoga Teacher Training-Nicole 6:45 pm Pilates-Vickie</p>	<p>²⁰ 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>²¹ 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) (6:00 pm Relax & Renew Sunset Yoga on the Summer Solstice at Woods Valley-Nicole)</p>	<p>²² 9:30 am All Levels Yoga - Liz (10:00 am Stretch & Sip at CCBC-Nicole) 10:45 am Slow Flow Yoga I/II*-Gabby</p>
<p>²³ 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>²⁴ 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p>	<p>²⁵ 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p>	<p>²⁶ 9:30 am Slow Flow Yoga*-Yuki (9:45 am Take a Seat Chair Yoga-Nicole) (D) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Gabby 5:30pm Yoga I-Vickie 6:45 pm Pilates-Vickie</p>	<p>²⁷ 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>²⁸ 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>²⁹ 9:30 am All Levels Yoga - Mary 9:30am-5pm Yoga Teacher Training-Nicole 10:45 am Slow Flow Yoga I/II*-Nicole</p>

³⁰
9:30 am Vinyasa Yoga- Mary
4:00 pm Mindful Flow Yoga-Alanna

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Summer Savings!
30 Day Unlimited: \$60. 6 Month Unlimited: \$310.
Package of 25: \$163 (\$115 for Senior, Student & Military)
Offer ends August 31, 2019
Some restrictions may apply.

